



# about

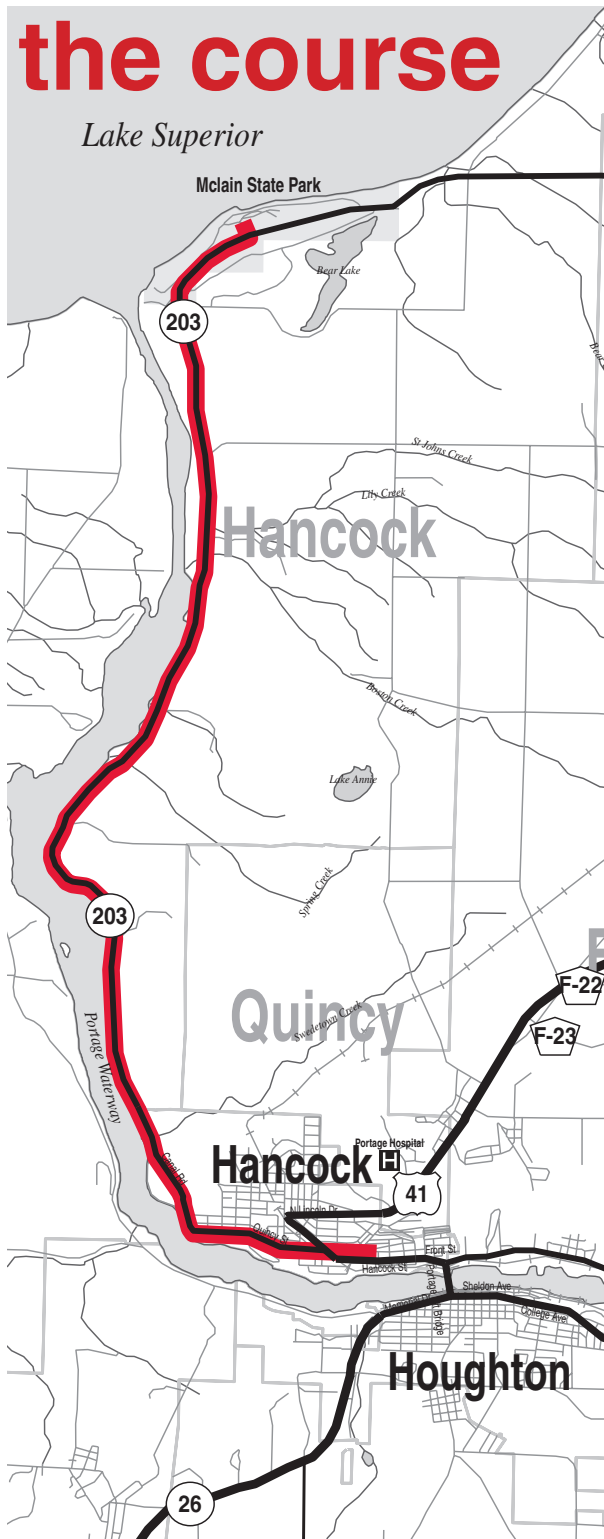
The Canal Run and 10-mile walk is held along the Portage Waterway on Highway M-203. Both the 10 Mile Run and the 10 Mile Walk start at McLain State park and finish at the Citizen Bank building in Hancock.

The race course is on a paved road surface. The road is not closed to traffic. Participants are requested to run along the side of the road, on sidewalks and on the bike path.

# sponsors & supporters

We want to thank the following sponsors and volunteers:

- Employees, friends and family of Citizens Bank
- Employees, friends and family of Portage Health
- Pat's Foods & Festival Foods
- J&J Broadcasting, WKMJ-FM, WMPL-AM
- Hancock Bottling
- Koski Signs
- City of Hancock Police and Public Works



AND



PORTAGE HEALTH

PRESENT THE

# 32<sup>nd</sup> annual canal run

10 MILE RUN • 10 MILE WALK

**new this year!**  
Timing Chips  
by iTiming!

**July 21, 2007**



**for more info,  
read on or call:**

Canal Run Coordinator  
(906) 487-6211 or (906) 487-6212  
Citizens Bank  
400 Quincy Street • Hancock, MI 49930

# the details

	Start Time	Start	Registration	Registration Fee
10 Mile Run	Saturday July 21, 2007 8:00 a.m.	McLain State Park Northwest of Hancock on M-203	Registration is not allowed the day of the event.	\$22**
10 Mile Walk	Saturday July 21, 2007 7:00 a.m.		Pre-registration is required by July 18, 2007*	

## awards

Trophies will be awarded to the overall 1st and 2nd place men and women in both the 10 Mile Run and the 10 Mile Walk.

Medals will be awarded to the 1st, 2nd and 3rd place overall men and women for both the 10 Mile Run and 10 Mile Walk.

T-shirts will be provided to all participants of the 10 Mile Run and the 10 Mile Walk.

## shuttle

Shuttle service will be provided from the Citizens Bank building to McLain State Park. The shuttle will leave every 20 minutes beginning at 6:00 a.m.. The last ride will leave at 7:20 a.m.

## clothes bags

Bags will be provided for your warm-up clothes. Your bag can be picked up at the bank building at the end of the race.

## registration

\* Please pre-register by July 18, 2007.  
**Registration will not be allowed the day of the event.**

\*\* Upper Peninsula Road Runner Club members receive \$2 off their fee.

You may register by mail, fax or e-mail. If you register by fax or e-mail, you will need to pay your fee and sign a waiver the morning of the race. Please allow time for this.

**mail** Complete the application, attach your check and mail to:  
**Canal Run**  
**Citizens Bank**  
**400 Quincy Street**  
**Hancock, MI 49930**

**fax** Fax the completed form to  
**(906) 487-6256.**

**e-mail** Send the required information listed in the form to  
**darlene.saari@citizensbanking.com.**

## registration form

### 32<sup>nd</sup> annual Canal Run

**pre-registration is required by  
July 18, 2007.**

Name \_\_\_\_\_

Age \_\_\_\_\_  Male  Female

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State / Zip \_\_\_\_\_

E-mail \_\_\_\_\_

By signing, I hereby release groups, other representatives, officials, workers and volunteers involved with the Canal Run/Walk from any and all rights and claims for injuries or illnesses suffered by me in this event. I understand that participation in this event is strenuous and I verify that I am physically fit to compete in said event.

\_\_\_\_\_  
Participant's signature

\_\_\_\_\_  
Parent/Guardian Signature\*\*\*

\*\*\* If under 18, a parent or guardians signature is required.